

IDPH TUPC Material Order Form (updated 03/24/22)

PLEASE EMAIL YOUR ORDER TO TobContactUs@idph.iowa.gov


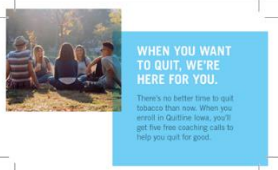

NAME: _____

ADDRESS: _____

CITY: _____ **State:** _____ **ZIP:** _____, **COUNTY:** _____ **PHONE:** _____

DATE ITEMS ARE NEEDED BY: _____

****Allow 2 weeks for delivery. All orders shipped by UPS. MUST HAVE A STREET ADDRESS, P.O. BOXES WILL NOT WORK TO SHIP UPS).**

Select		Name of Item	Number Requested
Out of Stock	 	<p>Quitline Iowa “Quit Card” A wallet size, plastic card with Quitline Iowa information on it. <i>Max of 2 units per county (item #513)</i></p>	Units of 50
		<p>Quitline Iowa “Quit Card” – Spanish A wallet size, plastic card with Quitline Iowa information on it. <i>Max of 2 units per county (item 513S)</i></p>	Units of 50

		SPANISH: Quitline Iowa Rack Card (Brochure) Standard Quitline Iowa rackcard (item #515S)	Units of 100
		Quitline Rack Card (Brochure) for low health literacy (item #529)	Units of 20
		Quitline Pregnancy Poster (Item 568)	Units of 25
		Ask, Advise, Refer Folder <i>Max of 5 units per county</i> (item 593)	Units of 1
		Quitline LGBTQ Rackcards <i>Max of 2 units per county</i> (item 5054)	Units of 20
		Quitline LGBTQ Posters <i>Max of 2 units per county</i> (item 5055)	Units of 20



Quitline Behavioral Health
Posters
Max of 2 units per county
(item 5057)

Units of
20



Quitline Behavioral Health
Posters (Spanish)
Max of 2 units per county
(item 5057s)

Units of
20



Quitline Behavioral Health
Rackcards
Max of 2 units per county
(item 5058)

Units of
20



Quitline Behavioral Health
Rackcards (Spanish)
Max of 2 units per county
(item 5058s)

Units of
20



Quitline Latin X Posters
Max of 2 units per county
(item 5056)

Units of
20

Out
of
Stock







Quitline Latin X Rackcards
Max of 2 units per county
(item 5059)





Units of
20



Quitline Vaping Rackcard
Max of 2 units per county
(item 5060)

Units of
20

		 <p>Smoking & Your Heart</p> <p>What you need to know about smoking and cardiovascular disease:</p> <ul style="list-style-type: none"> ✓ Smoking is a major cause of cardiovascular disease (CVD) and causes one in every three deaths from CVD, according to the 2014 Surgeon General's Report on Smoking and Health. <p>SMOKING & YOUR HEART</p> <p>✓ The chemicals in secondhand smoke harm your blood cells and damage your heart's function.</p> <p>✓ The damage from nicotine and smoking increases your blood pressure and risk for heart attack.</p> <p>Exposure to other people's secondhand smoke can increase the risk for heart disease even for nonsmokers.</p>	<p>Smoking & Your Heart (item #517)</p>	<p>Units of 100</p>
		 <p>What is a Hookah?</p> <p>Hookahs are water pipes used to smoke specially made tobacco that comes in a variety of flavors.</p> <p>Hookah is also known as: Waterpipe, Narghile, Argileh, Shisha, Hakeek, Fakkeel, and Qalyan.</p> <p>Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person.</p> <p>Risks</p> <ul style="list-style-type: none"> ✓ Many users think it is less harmful, however hookah smoking has many of the same health risks as cigarette smoking. ✓ Hookah smoke has been associated with lung cancer, respiratory illness, low birth weight, and gum disease. ✓ An hour-long smoking session involves 200 puffs, while smoking an average cigarette involves 20 puffs. ✓ Secondhand smoke from hookahs can be a health risk for nonsmokers. It contains smoke from the tobacco as well as smoke from the heat source (i.e., charcoal) used in hookah. ✓ Most smokers become addicted to nicotine, a drug that is found naturally in tobacco. Hookah tobacco smoke contains nicotine. 	<p>What is Hookah (item #521)</p>	<p>Units of 100</p>
		 <p>What is Thirdhand Smoke?</p> <p>Have you ever smelled tobacco smoke in a room or on a person's clothes, even when no one was smoking? This is called thirdhand smoke.</p> <p>Thirdhand smoke is the toxin that sticks to surfaces after someone has smoked.</p> <p>Thirdhand smoke can be found on: carpet, clothes, furniture, hair, skin, and many other surfaces.</p> <p>Babies, children and pets are of particular concern for exposure to thirdhand smoke as they crawl or ingest toys while they crawl on floors, sit on car seats, cuddle adults or play with toys where toxins may have built up over time.</p> <p>Thirdhand smoke can't be eliminated by normal cleaning, airing out rooms, air conditioning, or switching smoking to only certain areas of a home. Decontaminating a home or vehicle that has been smoked in may require expensive professional cleaning to remove stains and smells.</p> <p>Thirdhand Smoke... It Stays Behind</p> <p>It sticks to:</p> <ul style="list-style-type: none"> Draperies Walls Clothing Furniture Toys Carpeting 	<p>What is Thirdhand Smoke (item #522)</p>	<p>Units of 100</p>
<p>Out of Stock</p>		 <p>What are your reasons to quit? Here are some ideas:</p> <ul style="list-style-type: none"> • You'll protect your brain, lungs and other organs. • You will breathe easier. • You won't be giving tobacco and nicotine chemicals slowly what they want. • You won't need to hide it from your parents, teachers or boss. • You will perform better at sports or during homework. • You won't be hooked for life. • You won't feel as stressed. • You won't be taking a chance. • Non-smokers will be more interested in talking to you. <p>Quitting alone is hard. Quitting with support is easier!</p> <p>VISIT US: mylifemyquit.com Text "Start My Quit" to 855.891.9989</p> <p>FOR MORE INFORMATION: 1-800-485-4388 (toll-free) 1-800-485-4388 (toll-free) 855.281.7132</p> <p>MY LIFE MY QUIT STAND UP TO ADDICTION</p>	<p>My Life My Quit Brochure Max of 1 unit per county (item 578)</p>	<p>Units of 50</p>

<p>Out of Stock</p>	 <p>Ready to Quit Vaping?</p> <p>TEXT "START MY QUIT" TO 855.891.9989</p> <p>100% FREE, CONFIDENTIAL & MADE ESPECIALLY FOR TEENS.</p> <p>MY LIFE MY QUIT</p>	<p>My Life My Quit quit tip card (item 584)</p>	<p>Units of 50</p>
	 <p>This time I'm taking my freedom back.</p> <p>Vaping was costing me big time. \$50 a month. That's more than my rent. I was stressed and my grades were slipping. But now I have a clear mind and my grades are back on track. I'm taking my freedom back.</p> <p>Learn more about us at MyLifeMyQuit.com</p>	<p>My Life My Quit School Poster (item 598)</p>	<p>Units of 50</p>
	 <p>VAPING AND CIGARETTES: BOTH ARE ADDICTIVE.</p> <p>Don't think vaping is addictive? Most e-cigarette liquids contain nicotine.</p> <p>IT'S NOT TASTE. IT'S NOT PRICE. IT'S NOT THE WAY IT LOOKS. IT'S THE NICOTINE.</p> <p>ISTEP</p>	<p>Both Are Addictive Poster-English (item 571)</p>	<p>Units of 10</p>
	 <p>CIGARRILLOS ELECTRÓNICOS Y CIGARRILLOS: AMBOS SON ADICTIVOS.</p> <p>¿No cree que vapear sea adictivo? La mayoría de las cápsulas de los cigarrillos electrónicos contienen nicotina.</p> <p>NO ES EL SABOR. NO ES EL PRECIO. NO ES LA MANERA EN QUE SE VE. ES LA NICOTINA.</p> <p>ISTEP</p>	<p>Both Are Addictive Poster-Spanish (item 571s)</p>	<p>Units of 10</p>

		Think Before You Vape Poster-English (item 572)	Units of 10
		Think Before You Vape Poster-English (item 572s)	Units of 10